

## Career Coaching

In today's changing world of work it's vital that everyone takes responsibility and pro-actively manages their own career.

In order to succeed, a positive attitude will help, but developing a career management strategy is essential to achieving your career goals.

Azure's career coaching programme, which consists of 6 x 2 hour sessions of one to one coaching enables you to:

- Take a personal inventory – identify past successes, current strengths, working styles and personality preferences.
- Define your career and life goals – they must be realistic, focussed and clear, based upon your personal strengths, preferences and needs.
- Present yourself effectively – both in writing, through your CV and in person, at a meeting or interview.
- Make the right decisions – think through, build strategies and make choices based on your goals.
- Polish your interview and negotiating skills – you'll need practice and direct feedback to have these skills as well as tools and techniques to develop the ability to present your personal brand.
- Exit an organisation with aplomb – whether you've jumped or were pushed, communicating your situation with assertiveness and confidence can help you handle a potentially difficult set of circumstances well.